

## **Change your health in 60 seconds or less.**

Can't sleep? \_\_\_\_\_ \_\_\_\_\_ \_\_\_ bed to fall asleep faster.

Want to lose 5 pounds? Eat \_\_\_ \_\_\_\_\_ before dinner.

Tired? \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ first thing in the a.m.

**Find the answers to these questions and more  
at the Deborah Enos Speaking Event!**

## Hear what attendees have to say about the Deborah Enos Healthstyle speaking event...

“I thought Deborah’s topic was excellent. I’m hoping there are more presentations from Deborah in the future. It was a great opportunity to learn more about nutrition and other related topics. I shared the information with my departments and we had a great discussion.”

“Fantastic presenter, great topic, lots of great information. Enjoyed it!!”

*“Deborah Enos is amazingly creative and knows her business! She has what it takes to engage people about nutrition in the most effective creative way. She is an excellent teacher and generous in sharing information. She gives realistic, quick nutritious ideas with alluring “can do” attitude. My experience with Deborah was nothing short of exceptional. She was extremely personable and easy to talk to. Once the audience questions started to flow she used her creativity and innovative ideas to help individuals break through old habits and try it her way. She has an amazing gift with an endearing attitude. We were so fortunate to retain her services and look forward to having her again! “*

## Meet Deborah...



Deborah Enos, CN, also known as *“The One-Minute Wellness Coach,”* is The Health Coach for busy, working people. She pares her good-health messages down to simple and fast bullet points that can impact lives in 60 seconds or less. Her advice is something that may add a couple of minutes to your daily routine but will add a huge dose of energy and vitality to your day.

Deborah serves as a board member of the American Heart Association. She has appeared on NBC, ABC and FOX News, and has been featured in *The Costco Connection*, *Parade Magazine*, *Self Magazine*, *Good Housekeeping* and *USA Today*.

Deborah’s clients include: Caterpillar, Costco Wholesale, Chrysler Corporation, Samsung and Bank of America.